



Stress effects your mood.

It's also directly related to

- high blood pressure
- heart disease
- increased risk for cancer
- weight gain

STRESS MANAGEMENT

State of Vermont Online University's featured course will teach you techniques to manage and deal with stressful situations both in and out of the workplace. Learn warning signs, different types of stress, and ways to control / relieve stress.

Visit http://humanresources.vermont.gov/training/the_summit/online_courses

